

A point-by-point response to the reviewer's comments

Thank you very much for taking the time to review this manuscript. Please find the detailed responses below and the corresponding revisions/corrections highlighted/in track changes in the re-submitted files.

Reviewer 1

Comments and Suggestions for Authors

Congratulations on a well-crafted article. The significance of the study is aptly introduced, and the content is both insightful and original. We have several suggestions aimed at enhancing the clarity and coherence of your article.

- 1. Clarification of Terminology (Lines 27 to 39 and throughout the article):** The distinction between "total fluid intake" and "fluid drank" or "liquids intake" or "drinks intake" needs elucidation to prevent confusion among readers. It is imperative to establish clear terminology for these concepts early on and consistently employ it throughout the article. This will ensure clarity for future readers, particularly when references are made to "fluid intake."
[Thanks for your suggestion. I have added the explanation of total fluid intake in lines 32-33.](#)
- 2. Specificity in Methodology (Line 96):** When referring to "Diet & Fluid Consumption Logs," please provide details regarding the tool used and include references for the procedural methodology.
[Thanks for your suggestion. I have added more information and references of "Diet & Fluid Consumption Logs" in lines 97-98.](#)
[See reference 30. That has been added. The specific fluid log is included was Fig. 2 in this publication.](#)

[Atkins, W. C., McDermott, B. P., Kanemura, K., Adams, J. D., & Kavouras, S. A. \(2021\). Effects of hydration educational intervention in high school football players. *The Journal of Strength & Conditioning Research*, 35\(2\), 385-390. doi: 10.1519/JSC.0000000000003866.](#)
- 3. Clarity in Data Collection (Lines 101 to 108):** Specify the timeframe for the collection of 24-hour urine specific gravity and provide references for the analysis procedure of USG and urine osmolality. Additionally, offer insights into the tools utilized for measurement.
[The manuscript has been updated for the timeframe and references for assessing urine specific gravity and urine osmolality in lines 107-112.](#)
- 4. Void Frequency Methodology (Section 2.2):** Ensure clarity by explaining the methodology for void frequency assessment and include references for procedural details.
[Void frequency is a reliable index of 24-hour hydration status \(Tucker et al., 2016\). This reference \(31\) has been added for clarity on our procedures.](#)
[Tucker, M. A., Gonzalez, M. A., Adams, J. D., Burchfield, J. M., Moyan, N. E., Robinson, F. B., ... & Ganio, M. S. \(2016\). Reliability of 24-h void frequency as an index of hydration status when euhydrated and hypohydrated. *European journal of clinical nutrition*, 70\(8\), 908-911.](#)
- 5. Consolidation of Sections (Sections 2.3 and 2.4):** Merge Section 2.3 "Health-related Behavior Recording and Assessment" with Section 2.4 to streamline the discussion. Additionally, provide insight into the rationale behind the development of this methodology,

citing relevant literature to support its validity or acknowledging its development based on empirical evidence or common sense, with appropriate references. It should be considered as a limit of the study.

Per reviewer recommendation, we have merged sections 2.3 and 2.4 in lines 114-138. The previous study (Goodman et al., 2007) investigated the relationship between health-related behavior and hydration status. To our knowledge, the present study is the first to examine the association of the combination of five health-related behaviors with hydration status, an innovative method to assess this relationship.

Goodman, A. B., Blanck, H. M., Sherry, B., Park, S., Nebeling, L., & Yaroch, A. L. (2013). Peer reviewed: behaviors and attitudes associated with low drinking water intake among US adults, food attitudes and behaviors survey, 2007. *Preventing chronic disease*, 10.

6. **Table Clarification (Table 3, 6, and 7):** Table 3's figures for "24h total fluids consumed" may require verification, as they seem to yield quantities exceeding 30 liters per subject per day. Consider adding data on daily drinks consumed, as this information is pertinent, especially given the normohydrated population studied. Tables 6 and 7 should be accompanied by explanatory comments to aid future readers in interpreting the results, possibly necessitating additional elaboration in the statistical analysis section.

We have revised the data on 24-hour total fluid consumption in Table 3. Great suggestion. Also, explanatory comments for tables 6 and 7 have been added in lines 184-185 and 190-192. Our data on 24-hour total fluid consumption comprises drinking water, beverages of all kinds, and food moisture, which is a more accurate term than daily drinks consumed to assess hydration intake behaviors in the current study.

7. **Precision in Terminology (Lines 226, 227):** Specify "total fluid intake" for clarity. Additionally, consider the potential impact of including data on the quantity of drinks consumed by subjects, as this may enhance the association with hydration knowledge questionnaire responses, particularly given the questionnaire's focus on drink quantity, and not on total fluids intakes. This suggestion is open for your consideration.
Per reviewer suggestion, the clarification for total fluid intake has been added in lines 32-33. In our data, total fluid intake was not associated with hydration knowledge scores. Changing the term from total fluid intake to drink quantity might have a minor or no impact on enhancing the association with hydration knowledge. In addition, since total fluid intake includes water from dry foods, we feel this is a more accurate term than drink quantity for the current study.

We believe implementing these suggestions will strengthen the coherence and comprehensibility of your article, facilitating its understanding and impact among readers.